

Saaremaa Spordikooli tunniplan 2024/25 õppeaastal

| ALA | GRUPP | ESMASPÄEV | TEISIPÄEV | KOLMAPÄEV | NELJAPÄEV | REEDE | LAUPÄEV | PÜHAPÄEV |
|--|-------|--------------------------|-----------------------------|--------------------------|-----------------------------|---------------------------|---------|---------------------------|
| Jalgrattasport välihooaeg (aprill - oktoober) | | | | | | | | |
| Riho Rääm | ÕT-1 | 16.00 - 19.00 MNT | | 16.00 - 19.00 MNT | | 16.00 - 17.30 MNT | | 13.00-14.30 MNT |
| | ÕT-2 | | 16.00 - 19.00 MNT | | 16.00 - 19.00 MNT | 17.30 - 19.00 MNT | | 14.30-16.00 MNT |
| Jalgrattasport sisehooaeg (oktoober - märts) | | | | | | | | |
| Riho Rääm | ÕT-1 | 16.00 - 19.00 MNT, TP | | | 15.00 - 18.00 TP + KNK V | 14.00 - 16.00 MNT, TP | | 13.00-14.00 TP + KNK U |
| | ÕT-2 | | 16.00 - 19.00 TP + KNK V | 16.00 - 19.00 MNT, TP | | 16.00 - 18.00 MNT, TP | | 13.00-15.00 TP + KNK U |
| Judo | | | | | | | | |
| Mario Väin | AE-1 | 17.30 - 19.00 JS | 16.00 - 17.00 JS | 17.30 - 19.00 JS | | | | |
| | AE-2 | 16.00 - 17.30 JS | | 16.00 - 17.30 JS | 16.00 - 17.00 JS | | | |
| | ÕT-1 | 19.00 - 21.00 JS | 17.00 - 19.00 JS | | 17.00 - 19.00 JS | | | |
| Kergejõustik (september - oktoober) | | | | | | | | |
| Virge Treiel | AE-1 | | 15.00-16.30 KNK ST | | 15.00-16.30 KNK ST | | | |
| | AE-2 | | 15.30 - 17.00 KNK ST | | 15.30-17.00 KNK ST | | | |
| Andres Laide | AE-3 | | 16.00-17.30 LST | | 16.00-17.30 LST | | | |
| | ÕT-2 | 16.30-19.30 LST | | 16.30-19.30 LST | | 16.30-19.00 KNK ST, TP | | |
| | M-1 | 16.30-19.30 LST | | 16.30-19.30 LST | | 16.30-19.00 KNK ST, TP | | |

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| Linda Kivistik | ÕT-1 | 16.00 - 18.00 KNK ST | | 16.00 - 18.00 KNK ST | 17.30 - 19.00 TP | 16.30-18.30 KNK ST, TP | | |
| Kergejõustik (november - aprill) | | | | | | | | |
| Virge Treiel | AE-1 | | 15.00-16.30 KJH | 15.00-16.00 PV | 15.00-16.30 KJH | | | |
| | AE-2 | | 16.30 - 18.00 KJH | 15.00-16.00 PV | 16.30-18.00 KJH | | | |
| Andres Laide | AE-3 | | 15.00-16.30 KJH | | 15.30-17.00 KJH | | | |
| | ÕT-2 | 16.00-17.30 KJH | 16.30-18.00 KJH | 16.30-18.00 TN | | 15.45-17.15 PV, KJH | | |
| | M-1 | 17.30-19.45 KJH | 18.00-19.45 KJH | 18.00-19.45 TN, KJH | 17.00-19.15 KJH | 17.15-19.45 PV, KJH | | |
| Linda Kivistik | ÕT-1 | 16.00 - 18.00 PV | | 16.00 - 18.00 KJH | 17.30 - 19.00 KJH | 16.30-18.30 KJH | | |
| Korvpall | | | | | | | | |
| Siim Hiie | AE-1 | 16.00 - 17.30 KHK V | 16.00-17.30 KHK V | | 16.00 - 17.30 KHK V | | | |
| Härmo Lambut | AE-2 | 15.00-16.00 PV | 14.30-15.30 PV | 15.00-16.00 KJH | 15.00-16.00 PV | | | |
| | ÕT-1 | 16.00 - 17.30 PV | 15.30 - 17.00 PV | 16.00 - 17.30 KJH | 16.00 - 17.30 PV | | | |
| Enn Laanemäe | ÕT-2 | 17.00-19.00 PV | 17.00 - 19.00 PV | 16.00-17.00 PV | 16.00-18.00 JÕS | 16.00 - 18.00 PV, JÕS | | |
| Siim Pildre | ÕT-3 | 17.30-19.00 PV | 17.00 - 19.00 PV | 17.00 - 19.00 PV | 17.00 - 18.00 JÕS | 16.00 - 18.30 PV, JÕS | | |
| Laskmine | | | | | | | | |
| Martin Kosemets | AE-1 | 14.00-15.30 LT | 14.00-15.30 LT | 14.00-15.30 LT | 14.00-15.30 LT | 14.00-15.30 LT | | |
| | ÕT-1 | 16.00-18.30 LT | 16.00-18.00 LT | 16.00-18.00 LT | 16.00-18.00 LT | 16.00-18.00 LT | | |

Purjetamine (mai-september)

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|-----------------|------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|--|---------------------|
| Juhan Kolk | AE-1 | 16.00 - 19.00 Tori sadam | | 16.00 - 19.00 Tori sadam | 16.00 - 19.00 Tori sadam | | | |
| | AE-2 | 16.00 - 19.00 Tori sadam | | 16.00 - 19.00 Tori sadam | 16.00 - 19.00 Tori sadam | | | |
| | AE-3 | 16.00 - 19.00 Tori sadam | | 16.00 - 19.00 Tori sadam | 16.00 - 19.00 Tori sadam | | | |
| Kristiina Klaos | ÕT-1 | 16.00 - 17.30 Roomassaare | 16.00 - 17.30 Roomassaare | 16.00 - 17.30 Roomassaare | 16.00 - 17.30 Roomassaare | 16.00 - 17.30 Roomassaare | | 14.00 - 15.30 TP |
| | M-1 | 17.30 - 19.00 Roomassaare | 17.30 - 19.00 Roomassaare | 17.30 - 19.00 Roomassaare | 17.30 - 19.00 Roomassaare | 17.30 - 19.00 Roomassaare | | 15.30 - 17.00 TP |
| Aivar Laus | ÕT-2 | 16.00 - 18.00 Roomassaare | 16.00 - 18.00 Roomassaare | 16.00 - 18.00 Roomassaare | 16.00 - 18.00 Roomassaare | 16.00 - 18.00 Roomassaare | | |

Purjetamine (november-aprill)

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|-----------------|------|---------------------|-----------------------------|------------------------|----------------------|----------------------|-----------------------------|---------------------|
| Juhan Kolk | AE-1 | 17.30 - 19.00 PV | 17.00 - 18.00 KNK U | 17.30 - 19.00 KJH | | | 11.00 - 12.00 KNK U | |
| | AE-2 | 17.30 - 19.00 PV | 17.00 - 18.00 KNK U | 17.30 - 19.00 KJH | | | 11.00 - 12.00 KNK U | |
| | AE-3 | 17.30 - 19.00 PV | 17.00 - 18.00 KNK U | 17.30 - 19.00 KJH | | | 11.00 - 12.00 KNK U | |
| Kristiina Klaos | ÕT-1 | | 16.00 - 17.30 LP + ASA U | 16.30 - 18.00 KVK V | 16.00 - 17.30 KJH | 16.00 - 17.00 JÕS | | 12.00 - 13.00 TP |
| | M-1 | | 17.30 - 19.00 LP + ASA U | 18.00 - 19.30 KVK V | 17.30 - 19.00 KJH | 17.00 - 18.00 JÕS | 10.00 - 12.00 TP + ASA U | 13.00 - 14.00 TP |
| Aivar Laus | ÕT-2 | 17.30 - 19.00 PV | 17.30 - 19.00 TP + KNK U | 17.30 - 19.00 KJH | | | 11.00 - 12.00 KNK U | |

Võrkpall

| | | | | | | | | |
|----------|------|-------------------|-------------------|-------------------|-------------------|--------------------|--|--|
| Ene Kask | AE-1 | 14.30-16.00 PV | | 15.00-16.00 PV | 15.00-16.00 PV | 15.00-16.00 PV | | |
| | AE-2 | | 14.30-16.00 PV | 14.00-15.00 PV | 13.30-15.00 PV | 13.30-15.00 PV | | |
| | ÕT-1 | 16.00-17.30 PV | 16.00-17.30 PV | 16.00-17.30 PV | 16.00-17.30 PV | 16.00-18.00 JÕS | | |

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| Avo Keel | ÕT-2 | 17.30-19.00 JÕS | 17.30-19.30 PV | 17.30-19.00 PV | 17.00-19.00 PV | 16.00-18.00 JÕS | | |
| Mark Kristjan Pitk | AE-3 | 15.00 - 16.00 PV | | 15.00 - 16.00 PV | | 14.00-15.00 TP/KJH | | |
| | ÕT-3 | 16.00-17.30 PV | 16.00-17.00 JÕS | 16.00-17.30 PV | 16.00-17.00 PV | 15.00 - 16.00 TP/JÕS | | |
| Cristin Lepp | ÕT-4 | 16.00-18.00 JÕS | 17.30-19.00 PV | 17.30-19.30 PV | 17.30-19.00 PV | 16.00-18.00 JÕS | | |
| Üldkehaline treening | | | | | | | | |
| Maarja Põldoja | | | 16.00 - 17.30 SK | | 16.00 - 17.30 SK | | | |

Õppegruppide lühendid:

AE - algettevalmistuse aste

ÕT - õppe-treeningaste

M - meisterlikkuse aste

Treeningpaikade lühendid:

PV - spordikeskuse palliväljakud

KJH - spordikeskuse kergejõustikuhall

JS - spordikeskuse judosaal

TN - spordikeskuse tõstenurk

JÕS - spordikeskuse jõusaal

LST - linnastaadion

TP - tervisepark

LP - lossipark

ASA U - ASA Spa ujula

KNK U - Kuressaare Nooruse Kooli ujula

KNK ÕKL - Kuressaare Nooruse Kooli õppeklass

KNK V - Kuressaare Nooruse Kooli võimla

KNK ST - Kuressaare Nooruse Kooli staadion

KHK V - Kuressaare Hariduse Kooli võimla

KVK V - Kuressaare Vanalinna Kooli võimla

LT - Kaitseliidu Saaremaa Maleva lasketiir

MNT - maanteed ja kergliiklusteed